

**QUALIFICATION STANDARD FOR COMMONWEALTH GAMES 2026**

<b>Entry Standards (Men)</b>	<b>Events</b>	<b>Entry Standards (Women)</b>
10.16 sec	100 M	11.17 sec
20.61 sec	200 M	23.06 sec
44.96 sec	400 M	51.36 sec
1:45.00 sec	800 M	1:57.88 sec
3:30.82 sec	1500 M	4:05.09 sec
13:19.64 sec	5000 M	14:56.60 sec
27:39.03 sec	10000 M	31:14.14 sec
8:30.26 sec	3000 M SC	9:27.41 sec
13.39 sec	110 M H/100 M Hurdles	12.67 sec
50.27 sec	400 M Hurdles	54.67 sec
2.22 m	High Jump	1.92 m
8.05 m	Long Jump	6.84 m
16.89 m	Triple Jump	14.25 m
5.25 m	Pole Vault	4.45 m
20.36 m	Shot Put	17.62 m
64.56 m	Discuss Throw	56.85 m
73.09 m	Hammer Throw	66.80 m
82.61 m	Javelin Throw	59.79 m
39:06.28 sec	Race Walk	44:44.58 sec
7787 pts.	Decathlon/ Heptathlon	6095 pts.
40.17 sec	4X100 M Relay	43.86 sec
4X400 Mixed Relay		3:16.00s